Shooting and Throw in WC Soccer Assessments

Student’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Shooting | Trials 1-5 | Comments |
| Stabilizes and balance the trunk in the wheelchair |   |  |  |  |  |  |
| Bring the ball back and up to a baseball throwing position |  |  |  |  |  |  |
| Raises the ball under control |  |  |  |  |  |  |
| Moves the ball up and forward |  |  |  |  |  |  |
| Maintain balance upon release |  |  |  |  |  |  |
| Follows through |  |  |  |  |  |  |

Key: X=accomplished /=with assistance 0=not accomplished

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| Throw In | Trials 1-5 | Comments |
| Maintain balanced sitting position facing the court |   |  |  |  |  |  |
| Grips the ball with two hands |  |  |  |  |  |  |
| Raise the ball up with both hands over and behind the head |  |  |  |  |  |  |
| Once the ball is over the head, pulls both hands forward to release the ball |  |  |  |  |  |  |
| Extend elbow upon release with full range of motion |  |  |  |  |  |  |
| Follow through |  |  |  |  |  |  |

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